A path.... encounters ... discoveries ... a choice
Learning to discern

I am the eldest of a family of 3 children. We were immersed in the faith. It was nourished by encounters in the Church with various spiritualities: contemplative and apostolic religious communities, new communities, etc. Around the age of 13, after my confirmation, I taught catechism. Later, I went to the vocations service. I was accompanied by an apostolic religious whose congregation is part of the Ignatian network. Thanks to her, I was able to discover and deepen Ignatian spirituality.

Discernment is based on reality. When I have to make an important decision, I like to sit down and discern according to Ignatius' criteria. I use different aspects of my being: my body, exhaustion is a criterion which, beyond my health concerns, helps me to perceive the right or wrong path: with a good choice, I find sleep again instantly; my soul, by weighing up the pros and contras, by evaluating the consequences for others and for myself; my mind, by drawing inspiration from the models proposed by the Church.

Having a relaxed body, a peaceful soul and a mind in tune with the Church's teaching are the fruits of a good decision.

Ignatian spirituality has helped me to discover how to make a decision that best corresponds to who I am so that I do not regret it.

I discovered the character of Ignatius, during my novitiate, when I read the 'Pilgrim's story'. The shock was violent. At first I hated the account of a life that seemed so unbalanced. Then, on closer inspection, I began to appreciate it. For me, Ignatius tells us about all the excesses that led him to implement a balanced and profound discernment. I like the end of his story because I find in it all the flavour of a peaceful life. Indeed, he puts himself before God for each important decision without going into exhausting bodily and spiritual excesses.

Ignatius and his spirituality are therefore, in my opinion, an important reference point for daily life, made up of small and big decisions.

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